

You can quit. We can help.

Chances are, you want to quit smoking or chewing. Maybe you've even tried a number of times—without long-term success.

We understand how difficult it can be. That's why we created the Montana Tobacco Quit Line to give you the confidential and supportive help you need to kick the tobacco habit once and for all. With helpful information, Nicotine Replacement Therapy (gum or patches) and trained counselors—all free—we offer tools that can help you succeed.

So if you're really committed to quitting, we're committed to getting you there. Look inside to find out how it works.

Toll Free: 866-485-QUIT

Kick the can.



Toll-free: 866-485-QUIT

MONTANA TOBACCO

QUITLINE
866-485-QUIT

Kick some butts.



Toll-free: 866-485-QUIT

MONTANA TOBACCO

QUITLINE
866-485-QUIT

How do I quit?

Now, there's an easy way to quit smoking or chewing, and it takes just one step: call the Montana Tobacco Quit Line toll-free at 866-485-QUIT (7848). It's easy to do, and a counselor will talk with you to help you get started. If you're ready to set a quit date, your counselor will ask a few questions to help you pick an exact date.

But the counselor won't stop there. He or she will also schedule times to call you and help guide you through the process of quitting—up to five separate calls, if you need them. All you have to do is answer the phone. And to help curb nicotine withdrawal symptoms, your counselor can offer free patches or gum (if you are pregnant, or have certain conditions such as high blood pressure, you may have to get a referral from your doctor first).

You'll also get a packet of information to help you quit: tips, tricks, guides, health information and more. It's all free, and it's all designed to help you quit.

Do I have to pick a quit date?

If you're not yet ready to pick a quit date, no problem. Call us anyway. We can give you useful information on quitting, and we'll always be here when you're ready. You're not obligated to enroll in the counseling program or use other services in any way.

When can I call?

Because the urge can strike any time, the Quit Line is open to your calls more than 85 hours per week. Hours are 7:00 am to 9:00 pm Monday through Thursday; 7:00 am to 7:00 pm Friday; and 8:00 am to 4:30 pm Saturday and Sunday. Counselors answer calls seven days a week, 363 days a year (the Montana Tobacco Quit Line is open every holiday except Thanksgiving and Christmas Day). Call for help whenever you need it.

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Can I refer someone else?

Maybe you're not a smoker or chewer. Chances are, you know someone who is. Studies show users are more successful quitting if they have a friend or family member willing to help them.

So, why not help by calling the Montana Tobacco Quit Line? We'll send you free information you can share, and put you in touch with local community resources to help your friend or family member quit.

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MONTANA TOBACCO USE
PREVENTION PROGRAM
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